

Off- Season Phase 3

Day 1

A1 Back Split Squat

| Week | Sets | Reps |
|------|------|--------|
| 1 | 5 | 8/side |
| 2 | 5 | 6/side |
| 3 | 5 | 6/side |
| 4 | 5 | 3/side |

| Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|-------|-------|-------|-------|-------|
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A2 Bodyweight Lateral Squat

| Week | Sets | Reps |
|------|------|---------|
| 1 | 3 | 10/side |
| 2 | 3 | 10/side |
| 3 | 3 | 10/side |
| 4 | 3 | 10/side |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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B1 Single Leg Hip Thruster

| Week | Sets | Reps |
|------|------|------|
| 1 | 3 | 8 |
| 2 | 3 | 12 |
| 3 | 3 | 15 |
| 4 | 3 | 20 |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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B2 Bodyweight Posterior Lateral Lunge

| Week | Sets | Reps |
|------|------|---------|
| 1 | 3 | 10/side |
| 2 | 3 | 10/side |
| 3 | 3 | 10/side |
| 4 | 3 | 10/side |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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B3 1/2 Kneeling Cable Lift

| Week | Sets | Reps |
|------|------|---------|
| 1 | 3 | 10/side |
| 2 | 3 | 10/side |
| 3 | 3 | 10/side |
| 4 | 3 | 10/side |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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C 2 KB Swing

| Week | Sets | Reps |
|------|------|------|
| 1 | 5 | 10 |
| 2 | 5 | 15 |
| 3 | 5 | 15 |
| 4 | 5 | 20 |

| Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|-------|-------|-------|-------|-------|
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Off- Season Phase 3

Day 2

A1 Chin-up (use external weight if you can)

| Week | Sets | Reps |
|------|------|--------|
| 1 | 5 | 3 |
| 2 | 5 | 5 |
| 3 | 5 | 5 |
| 4 | 1 | Max BW |

| Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|-------|-------|-------|-------|-------|
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A2 Starfish Side Plank

| Week | Sets | Reps |
|------|------|-------------|
| 1 | 3 | 20-60s/side |
| 2 | 3 | 20-60s/side |
| 3 | 3 | 20-60s/side |
| 4 | 3 | 20-60s/side |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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B1 Knee Supported 3 Point Row

| Week | Sets | Reps |
|------|------|--------|
| 1 | 4 | 8/side |
| 2 | 4 | 8/side |
| 3 | 4 | 6/side |
| 4 | 4 | 6/side |

| Set 1 | Set 2 | Set 3 | Set 4 |
|-------|-------|-------|-------|
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B2 Lateral Moving Push-up

| Week | Sets | Reps |
|------|------|------|
| 1 | 3 | max |
| 2 | 3 | max |
| 3 | 3 | max |
| 4 | 3 | max |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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C1 Walking Lunges with Overhead Reach

| Week | Sets | Reps |
|------|------|----------|
| 1 | 3 | 30s/side |
| 2 | 3 | 30s/side |
| 3 | 3 | 30s/side |
| 4 | 3 | 30s/side |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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C2 Plank on Physioball Circles

| Week | Sets | Reps |
|------|------|-----------|
| 1 | 3 | 10 CCW/CW |
| 2 | 3 | 10 CCW/CW |
| 3 | 3 | 10 CCW/CW |
| 4 | 3 | 10 CCW/CW |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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Off- Season Phase 3
Day 3

| | Week 1 | Week 2 | Week 3 | Week 4 |
|---|---|-----------------|-----------------|-----------------|
| A | Split Stance OH Flexion Throw | Weak Side 4x6 | Weak Side 4x6 | Weak Side 4x6 |
| | | Strong Side 2x6 | Strong Side 2x6 | Strong Side 3x6 |
| | | | | Strong Side 4x6 |
| B | Rotating Chest Pass | Weak Side 4x6 | Weak Side 4x6 | Weak Side 4x6 |
| | | Strong Side 2x6 | Strong Side 2x6 | Strong Side 3x6 |
| | | | | Strong Side 4x6 |
| C | Crowhop Rotating Chest Pass | Weak Side 4x6 | Weak Side 4x6 | Weak Side 4x6 |
| | | Strong Side 2x6 | Strong Side 2x6 | Strong Side 3x6 |
| | | | | Strong Side 4x6 |

Off- Season Phase 3

Day 4

A1 Conventional Deadlift

| Week | Sets | Reps |
|------|------|------|
| 1 | 5 | 5 |
| 2 | 5 | 5 |
| 3 | 5 | 5 |
| 4 | 5 | 5 |

| Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|-------|-------|-------|-------|-------|
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A2 DB Reverse Lunge

| Week | Sets | Reps |
|------|------|---------|
| 1 | 3 | 8/side |
| 2 | 3 | 10/side |
| 3 | 3 | 10/side |
| 4 | 3 | 10/side |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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B1 Single Leg Squat to box

| Week | Sets | Reps |
|------|------|------|
| 1 | 3 | 10 |
| 2 | 3 | 10 |
| 3 | 3 | 10 |
| 4 | 3 | 10 |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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B2 Physioball Eccentric Leg Curl

| Week | Sets | Reps |
|------|------|------|
| 1 | 3 | 10 |
| 2 | 3 | 12 |
| 3 | 3 | 15 |
| 4 | 3 | 20 |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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C Sled Push (10-20 yards)

| Week | Sets | Reps |
|------|------|------|
| 1 | 5 | |
| 2 | 5 | |
| 3 | 5 | |
| 4 | 5 | |

| Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|-------|-------|-------|-------|-------|
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Off- Season Phase 3

Day 5

A1 Alt. Incline DB Bench

| Week | Sets | Reps |
|------|------|------|
| 1 | 4 | 8 |
| 2 | 5 | 6 |
| 3 | 4 | 3 |
| 4 | 5 | 10 |

| Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|-------|-------|-------|-------|-------|
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A2 Yoga Push-up

| Week | Sets | Reps |
|------|------|------|
| 1 | 3 | 6 |
| 2 | 3 | 8 |
| 3 | 3 | 10 |
| 4 | 3 | 12 |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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B1 TRX Inverted Row

| Week | Sets | Reps |
|------|------|------|
| 1 | 6 | 10 |
| 2 | 6 | 10 |
| 3 | 6 | 10 |
| 4 | 6 | 10 |

| Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
|-------|-------|-------|-------|-------|-------|
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B2 Side Lying External Rotation

| Week | Sets | Reps |
|------|------|--------|
| 1 | 3 | 6/side |
| 2 | 3 | 6/side |
| 3 | 3 | 6/side |
| 4 | 3 | 6/side |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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C1 Push-up Overhead Reach with Slider

| Week | Sets | Reps |
|------|------|---------|
| 1 | 3 | 10/side |
| 2 | 3 | 10/side |
| 3 | 3 | 10/side |
| 4 | 3 | 10/side |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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C2 Incline Bench Y's

| Week | Sets | Reps |
|------|------|------|
| 1 | 3 | 10 |
| 2 | 3 | 10 |
| 3 | 3 | 10 |
| 4 | 3 | 10 |

| Set 1 | Set 2 | Set 3 |
|-------|-------|-------|
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